

WHAT IS CLAIMED IS:

1. A nasal dilator for preventing outer wall tissue of nasal passages of a nose from drawing in during breathing, comprising:

a unitary truss member having a normally, substantially planar state, the unitary truss member including:

a first end region adapted to engage the outer wall tissue of a first nasal passage;

a second end region adapted to engage the outer wall tissue of a second nasal passage;

an intermediate segment configured to traverse a portion of a nose located between the first and second nasal passages, the inherent tendency of the truss member to return to its normally planar state when flexed, acting to stabilize the outer wall tissue and thereby prevent the outer wall tissue of the first and second nasal passages from drawing in during breathing; and

a resilient member defining at least a portion of the first and second end regions and the intermediate segment, the deformable means being capable, at least in part, of elastic and plastic deformation that allows the truss member to conform to the outer wall tissue of the nasal passages of a nose.

2. The nasal dilator of claim 1 wherein the truss member includes:  
a flexible strip of material defining the first and second end regions and the intermediate segment; and

a resilient means secured to a first side of the flexible strip of material to form the resilient member, the resilient means defining the normally planar state of the truss member.

3. The nasal dilator of claim 1 wherein the intermediate segment of the truss member includes an adhesive void, and wherein the truss member is configured to extend about a nose such that the intermediate segment traverses an exterior region of a bridge of a nose with the adhesive void located between the truss member and the bridge, the first end region engaging an exterior surface of the outer wall tissue of the first nasal passage and the second end region engaging an exterior surface of the outer wall tissue of the second nasal passage.

4. The nasal dilator of claim 2, and further including:  
an adhesive substance located on a second side of the flexible strip of material at the first and second end regions thereof for releasably securing the truss member to the outer wall tissue of the first and second nasal passages.

5. The nasal dilator of claim 2 wherein the flexible strip of material is formed of an interwoven piece of fabric.

The nasal dilator of claim 2 wherein the resilient ~~means~~ <sup>member</sup> includes:  
at least one resilient band oriented substantially parallel to a longitudinal extent of the flexible strip of material, the resiliency of the at least one resilient band acting to prevent the outer wall tissue of the first and second nasal passages from drawing in during breathing.

3/1.

The nasal dilator of claim <sup>7</sup>4, and further including:

first and second release liners covering the adhesive substance on the first and second end regions, respectively, of the flexible strip of material, the first and second release liners being readily removable from the flexible strip of material to expose the adhesive substance and permit the truss member to be secured to the outer wall tissue of the first and second nasal passages.

8. A dilator capable of introducing separating stresses in outer wall tissues of a section of human anatomy, comprising:

a truss of a single body having a pair of spaced apart end surfaces which, if forced toward one another from initial positions to substantially reduce direct spacing therebetween by a spacing reduction force external to said truss, results in restoring forces in said truss tending to restore said direct spacing between said end surfaces; and

engagement means adhered to said end surfaces and capable of engaging exposed surfaces of such outer wall tissues sufficiently to remain so engaged against said restoring forces.

9. The dilator of claim 8 wherein said dilator is a nasal dilator configured to restrain outer wall tissues of a human nose adjacent nasal passages therein from being drawn in during breathing, said truss having sufficient restoring forces to substantially maintain during inhalation that spacing occurring between said end surfaces prior to inhalation.

a Sub F2

10. The dilator of claim 8 wherein said truss includes a resilient ~~means~~ <sup>member</sup> providing said restoring forces in said truss tending to restore said spacing between said end surfaces thereof, there being a deformable material between exposed surfaces of any outer wall tissues engaged by said engagement means and said resilient ~~means~~ <sup>member</sup>.

a

11. The dilator of claim 8 wherein said truss and said engagement means are capable of being manually released from exposed surfaces of any outer wall tissues engaged by said engagement means.

Sub F3

12. The dilator of claim 8 wherein said truss and said engagement means together are formed as a strip having a length substantially greater than either of its width and thickness, and a width substantially greater than its thickness everywhere along said length.

a

13. The dilator of claim 8 wherein said restoring forces in said truss arising if said end surfaces are forced adjacent to one another by said spacing reduction ~~forces~~ <sup>force</sup> are sufficient, upon removal of said spacing reduction forces, to restore most of said direct spacing present between said end surfaces before application of such spacing reduction ~~forces~~ <sup>force</sup>.

Sub F4

a

14. The dilator of claim 8 wherein said spaced-apart end surfaces of said truss are terminated by end edges at opposite ends of said truss, and wherein said truss includes a resilient ~~means~~ <sup>member</sup> providing said restoring forces in said truss tending to restore said spacing between end surfaces thereof, said resilient ~~means~~ <sup>member</sup> having opposite ends thereof each ending short of said end edges.

Sub F4

15. The dilator of claim 9 wherein said end surfaces are limited in separation therebetween so that, when said end surfaces are engaging outer wall tissues of a human nose adjacent nasal passages therein, a surface of said truss can be in contact with said nose for substantially all of that extent thereof between said end surfaces.

Sub I3  
52

16. The dilator of claim 10 wherein said single body of said truss further includes a flexible strip of deformable material defining said pair of spaced apart end surfaces with said resilient means <sup>positioned adjacent</sup> ~~being secured to~~ a first side of said flexible strip of deformable material.

17. The dilator of claim 11 wherein said engagement means is an adhesive substance located on each of said pair of spaced apart end surfaces and capable of adhering to exposed surfaces of outer wall tissues while adhering to said truss and yet permitting said truss and said engagement means to be manually released from said exposed surfaces of any such outer wall tissues adhered to by said engagement means.

18. The dilator of claim 12 wherein said strip is of substantially constant thickness.

19. The dilator of claim 12 wherein said strip is substantially planar absent external forces applied thereto.

20. The dilator of claim 13 wherein said single body of said truss is of plastic construction.

112 Sub  
F3  
J3

21. The dilator of claim 14 wherein said single body of said truss further includes a flexible strip of material defining said pair of spaced-apart end surfaces with said resilient means being <sup>positioned adjacent</sup> ~~deformably secured to~~ a first side of said flexible strip of material.

22. The dilator of claim 17 wherein said adhesive substance located on each of said pair of spaced-apart surfaces is capable of adhering to a covering means while adhering to said truss prior to any engaging of exposed surfaces of wall tissues yet permitting said covering means to be manually removed therefrom.

add F5  
add I8  
add J5